



US 20020109595A1

(19) United States

(12) Patent Application Publication (10) Pub. No.: US 2002/0109595 A1  
Cairo et al. (43) Pub. Date: Aug. 15, 2002

(54) PERSONAL ALERT DEVICE

Publication Classification

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(51) Int. Cl.<sup>7</sup> ..... G08B 23/00  
(52) U.S. Cl. ..... 340/573.1; 340/539

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(57) ABSTRACT

(21) Appl. No.: 09/780,798

A method and apparatus are provided for protecting the health and safety of an authorized user. The method includes the steps of monitoring a vital sign of the authorized user via a portable sensor attached to and carried by the authorized user and automatically calling for help using a radio frequency channel when the monitored vital sign exceeds a threshold value.

(22) Filed: Feb. 9, 2001

